**5th Annual Official Sprint Triathlon**

 **Sponsored by Age- and Dementia-Friendly Winnemucca and Humboldt County**

**Humboldt Volunteer Hospice**

**Additional registration opportunities the day of the event: June 3rd**

**When:** Saturday, June 3, 2023– Bode Howard Pool and then around and about Winnemucca

 Registration and shirt/packet pick-up 6:30-7:00 am

 Swimming begins at 7:00am

**Where:** Swim – Bode Howard Pool (1/3-mile)

Bike – 12-mile double loop from pool to Winger’s, around neighborhoods to Offenhauser, down Highland to Mizpah return to pool area for second loop

Run – from pool clockwise loop to Winnemucca Blvd, Highland, Hansen, then Haskell to pool (3.75-mile).

**The swim and all routes are adaptable to meet your needs. We just want you to have fun and increase the power of your body and brain!**

**You can complete all 3 events solo or add a team to divide the excitement.**

**Cost:** **$30 per registrant**

**All proceeds will be used for Alzheimer’s Awareness Respite and Education**

**For more information and to register contact:**

**ginilc25@gmail.com**

[**www.adf-winnemucca.com**](http://www.adf-winnemucca.com)



I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, release Dementia Friendly Nevada, Humboldt Volunteer Hospice, and Age- and Dementia-Friendly Winnemucca and Humboldt County from any liability during the Sprint Triathlon to be held September 17, 2022.

I plan to participate in the (circle all that apply): Regular Sprint Tri: swim bike run/walk

I plan to participate in the (circle all that apply): Mini-Sprint Tri: swim bike run/walk

I am (check one): \_\_\_\_\_\_\_\_\_\_ a serious competitor \_\_\_\_\_\_\_\_\_\_\_\_\_\_ here for fun

If you are on a team, please list all team members:

 Swim:

 Bike:

 Run:

Contact information:

Name:

Email: Phone:

Planned Routes:



Mini-Route: TBA This course will all be near the pool area and will be supervised for younger competitors

**We will launch a Sprint Tri Training Group on Saturday, March, at 8am by the pool and Vesco Park and will meet each Saturday to train and make everyone feel confident and strong. Come when you can; skip when you must.**

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| **ADF Sprint Triathlon Training Plan for June 3rd, 2023 event. Begin by March 6 but an earlier start is ideal.**  |  |  |  |  |  |  |  |
| **12 Weeks + 1 Week Taper** |  |  |  |  |  |  |  |  |
|  |  |  | Rest | Bike 1 | Swim 1 | Run 1 | Bike 2 | Swim 2 | Run 2 |
| Week | Date | Phase | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 3/6/23  | Build Up | Rest | Bike: 20 minutes | Swim: 400 yds | Run: 10 minutes | Bike: 20 minutes | Swim: 400 yds | Run: 10 minutes |
| 2 | 3/13/23 | Build Up | Rest | Bike: 25 minutes | Swim: 600 yds | Run: 15 minutes | Bike: 25 minutes | Swim: 600 yds | Run: 15 minutes |
| 3 | 3/20/23 | Build Up | Rest | Bike: 30 minutes | Swim: 600 yds | Run: 20 minutes | Bike: 30 minutes | Swim: 600 yds | Run: 20 minutes |
| 4 | 3/27/23 | Endurance | Rest | Bike: 10 minutes WU3 x [5min on, 1min off]5 min CD | Swim: 200 WU2 x 200 hard, 30s rest100 CD | Run: 5 min WU5 x [2min on, 1min off]5 min CD | Bike: 40 minutes | Swim: 800 yds | Run: 30 minutes |
| 5 | 4/3/23 | Endurance | Rest | Bike: 10 minutes WU15 minutes tempo5 min CD | Swim: 200 WU6 x 100 hard, 30s rest100 CD | Run: 5 min WU6 x [2min on, 1min off]5 min CD | Bike: 40 minutes | Swim: 900 yds | Run: 35 minutes |
| 6 | 4/10/23 | Endurance | Rest | Bike: 10 minutes WU3 x [5min on, 1min off]5 min CD | Swim: 200 WU4 x 200 hard, 30s rest100 CD | Run: 5 min WU7 x [2min on, 1 min off]5 min CD | Bike: 45 minutes | Swim: 1000 yds | Run: 40 minutes |
| 7 | 4/17/23 | Endurance | Rest | Bike: 10 minutes WU20 minutes tempo5 min CD | Swim: 200 WU5 x 200 hard, 30s rest100 CD | Run: 5 min WU8 x [2min on, 1 min off]5 min CD | Bike: 50 minutes | Swim: 1100 yds | Run: 45 minutes |
| 8 | 4/24/23 | Speed | Rest | Bike: 10 minutes WU5 x [2min uphill sprint, downhill rest]5 min CD | Swim: 200 WU6 x [100 moderate, 50 hard, 30s rest]100 CD | Run: 5 min WU10 x [45s on, 1'15" off]5min CD | Bike: 10 minutes WU30 minutes tempo5 min CD | Swim: 400 yds, 30s rest300 yds, 30s rest200yds, 30s rest100 yds, 30s rest | Run: 10 minutes WU20 minutes tempo5 min CD |
| 9 | 5/1/23 | Speed | Rest | Bike: 10 minutes WU6 x [2min uphill sprint, downhill rest]5 min CD | Swim: 200 WU6 x [100 moderate, 50 hard, 30s rest]100 CD | Run: 5 min WU10 x [45s on, 1'15" off]5min CD | Bike: 10 minutes WU30 minutes tempo5 min CD | Swim: 400 yds, 30s rest300 yds, 30s rest200yds, 30s rest100 yds, 30s rest | Run: 10 minutes WU25 minutes tempo5 min CD |
| 10 | 5/8/23 | Speed | Rest | Bike: 10 minutes WU12 x [1min sprint, 1min rest]5 min CD | Swim: 200 WU8 x [100 hard, 30s rest]100 CD | Run: 5 min WU8 x [45s on, 1'15" off]4 x [30s on, 30s off]5min CD | Bike: 10 minutes WU35 minutes tempo5 min CD | Swim: 600 yds, 30s rest400 yds, 30s rest200yds, 30s rest | Run: 10 minutes WU20 minutes tempo4-6 x 20s strides5 min CD |
|  11 | 5/15/23 | Maintain | Rest | Bike: 10 minutes WU5min on, 1 min off4min on, 1min off3min on, 1 min off2min on, 1 min off1min on, 1 min off5 min CD | Swim: 400 WU4 x [100 hard, 30s rest]100 CD | Run: 5 min WU10 minutes steady4 x [2min on, 1 min off]5 min CD | Bike: 10 min WU20 minutes steady5 minutes hard5 min CD | Swim: 800 yds2 x [100 hard, 30s rest] 100 CD | Run: 35-45 minutes |
| 12 | 5/22/23 | Maintain | Rest | Bike: 10 minutes WU5min on, 1 min off4min on, 1min off3min on, 1 min off2min on, 1 min off1min on, 1 min off5 min CD | Swim: 600 yds4 x [100 hard, 30s rest]100 CD | Run: 5 min WU10 minutes steady6 x [1min on, 1 min off]5 min CD | Bike: 10 min WU20 minutes steady5 minutes hard5 min CD | Swim: 800 yds4 x [50 hard, 20s rest] 100 CD | Run: 40-50 minutes |
| Race Week | 5/29/23 | Taper | Rest | Bike: 10 minutes WU10 minutes Tempo10 minutes CD | Swim: 200 WU600 yds100 CD | Run: 5 min WU10 min tempo5 min CD | Rest or very light workout of your choice | ADF Sprint Triathlon! | Rest |

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|  |  | Rest | Bike 1 | Swim 1 | Run 1 | Bike 2 | Swim 2 | Run 2 |
| Date | Phase | Mon-day | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6/20/22 | Build Up | Rest | Bike: 20 minutes | Swim: 400 yds | Run: 10 minutes | Bike: 20 minutes | Swim: 400 yds | Run: 10 min-utes |
| 6/27/22 | Build Up | Rest | Bike: 25 minutes | Swim: 600 yds | Run: 15 minutes | Bike: 25 minutes | Swim: 600 yds | Run: 15 min-utes |
| 7/4/22 | Build Up | Rest | Bike: 30 minutes | Swim: 600 yds | Run: 20 minutes | Bike: 30 minutes | Swim: 600 yds | Run: 20 min-utes |
| 7/11/22 | Endurance | Rest | Bike: 10 minutes WU3 x [5min on, 1min off]5 min CD | Swim: 200 WU2 x 200 hard, 30s rest100 CD | Run: 5 min WU5 x [2min on, 1min off]5 min CD | Bike: 40 minutes | Swim: 800 yds | Run: 30 min-utes |
| 7/18/22 | Endurance | Rest | Bike: 10 minutes WU15 minutes tempo5 min CD | Swim: 200 WU6 x 100 hard, 30s rest100 CD | Run: 5 min WU6 x [2min on, 1min off]5 min CD | Bike: 40 minutes | Swim: 900 yds | Run: 35 min-utes |
| 7/25/22 | Endurance | Rest | Bike: 10 minutes WU3 x [5min on, 1min off]5 min CD | Swim: 200 WU4 x 200 hard, 30s rest100 CD | Run: 5 min WU7 x [2min on, 1 min off]5 min CD | Bike: 45 minutes | Swim: 1000 yds | Run: 40 min-utes |
| 8/1/22 | Endurance | Rest | Bike: 10 minutes WU20 minutes tempo5 min CD | Swim: 200 WU5 x 200 hard, 30s rest100 CD | Run: 5 min WU8 x [2min on, 1 min off]5 min CD | Bike: 50 minutes | Swim: 1100 yds | Run: 45 min-utes |
| 8/8/22 | Speed | Rest | Bike: 10 minutes WU5 x [2min uphill sprint, downhill rest]5 min CD | Swim: 200 WU6 x [100 moderate, 50 hard, 30s rest]100 CD | Run: 5 min WU10 x [45s on, 1'15" off]5min CD | Bike: 10 minutes WU30 minutes tempo5 min CD | Swim: 400 yds, 30s rest300 yds, 30s rest200yds, 30s rest100 yds, 30s rest | Run: 10 min-utes WU20 minutes tempo5 min CD |
| 8/15/22 | Speed | Rest | Bike: 10 minutes WU6 x [2min uphill sprint, downhill rest]5 min CD | Swim: 200 WU6 x [100 moderate, 50 hard, 30s rest]100 CD | Run: 5 min WU10 x [45s on, 1'15" off]5min CD | Bike: 10 minutes WU30 minutes tempo5 min CD | Swim: 400 yds, 30s rest300 yds, 30s rest200yds, 30s rest100 yds, 30s rest | Run: 10 min-utes WU25 minutes tempo5 min CD |
| 8/22/22 | Speed | Rest | Bike: 10 minutes WU12 x [1min sprint, 1min rest]5 min CD | Swim: 200 WU8 x [100 hard, 30s rest]100 CD | Run: 5 min WU8 x [45s on, 1'15" off]4 x [30s on, 30s off]5min CD | Bike: 10 minutes WU35 minutes tempo5 min CD | Swim: 600 yds, 30s rest400 yds, 30s rest200yds, 30s rest | Run: 10 min-utes WU20 minutes tempo4-6 x 20s strides5 min CD |
| 8/29/22 | Maintain | Rest | Bike: 10 minutes WU5min on, 1 min off4min on, 1min off3min on, 1 min off2min on, 1 min off1min on, 1 min off5 min CD | Swim: 400 WU4 x [100 hard, 30s rest]100 CD | Run: 5 min WU10 minutes steady4 x [2min on, 1 min off]5 min CD | Bike: 10 min WU20 minutes steady5 minutes hard5 min CD | Swim: 800 yds2 x [100 hard, 30s rest] 100 CD | Run: 35-45 minutes |
| 9/5/22 | Maintain | Rest | Bike: 10 minutes WU5min on, 1 min off4min on, 1min off3min on, 1 min off2min on, 1 min off1min on, 1 min off5 min CD | Swim: 600 yds4 x [100 hard, 30s rest]100 CD | Run: 5 min WU10 minutes steady6 x [1min on, 1 min off]5 min CD | Bike: 10 min WU20 minutes steady5 minutes hard5 min CD | Swim: 800 yds4 x [50 hard, 20s rest] 100 CD | Run: 40-50 minutes |
| 9/12/22 | Taper | Rest | Bike: 10 minutes WU10 minutes Tempo10 minutes CD | Swim: 200 WU600 yds100 CD | Run: 5 min WU10 min tempo5 min CD | Rest or very light workout of your choice | ADF Sprint Triathlon! | Rest |

**WU – warm up**

**CD – cool down**

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